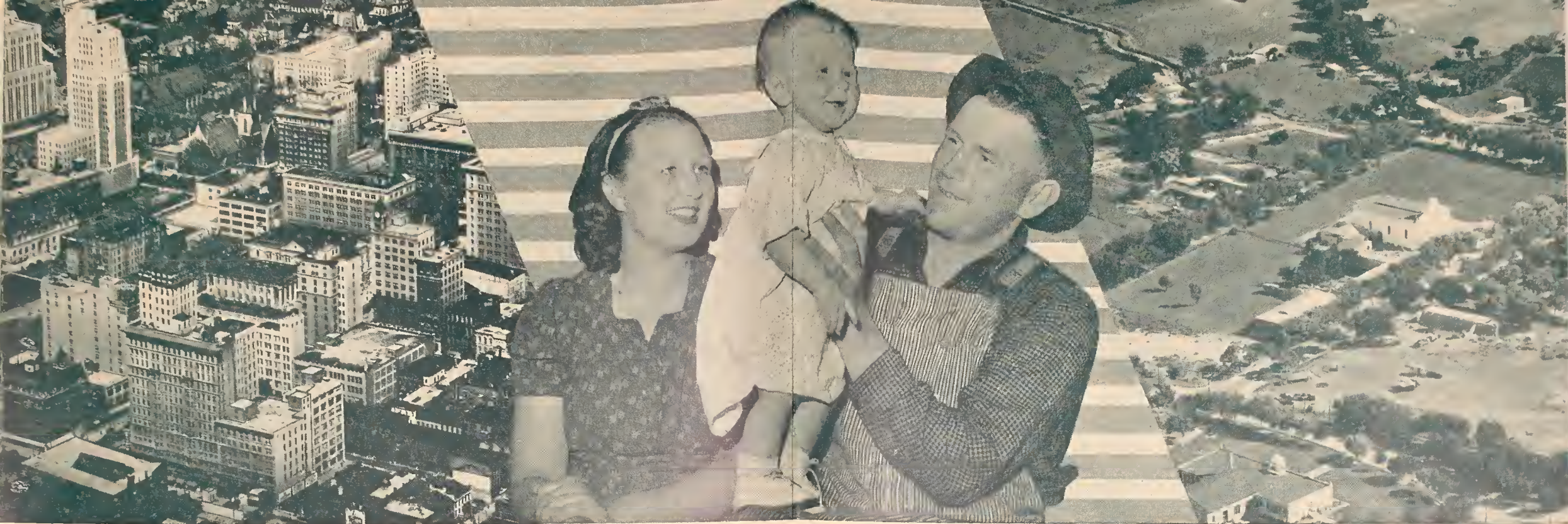


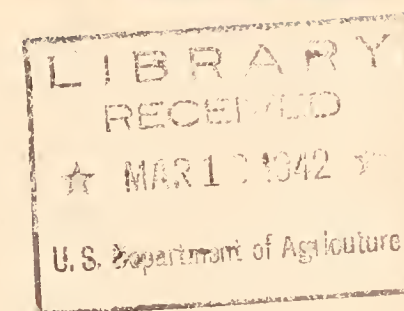
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# 3 market lists for low-cost meals

BUREAU OF HOME ECONOMICS

UNITED STATES DEPARTMENT OF AGRICULTURE

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# HOW TO USE THESE L

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")

## Market list A for low-c

FAMILY MEMBERS	KINDS AND AMOUNTS			
	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit
Children:	<i>Qt.</i>	<i>Lb. oz.</i>	<i>Lb. oz.</i>	<i>Lb. oz.</i>
9-12 months.....	5½/2	1-0	-----	1-8
1-3 years.....	5½/2	1-8	-----	1-8
4-6 years.....	5	2-8	0- 2	1-8
7-9 years.....	5	3-0	0- 4	1-8
10-12 years.....	6	3-8	0- 6	1-8
Girls:				
13-15 years.....	6	4-0	0- 8	1-8
16-20 years.....	6	3-8	0- 8	1-8
Women:				
Moderately active.....	4½/2	4-0	0- 8	1-8
Very active.....	4½/2	5-0	0-12	1-8
Sedentary.....	4½/2	4-0	0- 4	1-8
Pregnant.....	7½/2	3-0	0- 6	2-0
Nursing.....	10½/2	5-0	0- 4	3-8
Boys:				
13-15 years.....	6½/2	5-8	0- 8	2-0
16-20 years.....	6	7-0	0-12	2-0
Men:				
Moderately active.....	4½/2	5-0	0-12	1-8
Very active.....	4½/2	7-8	1- 0	1-8
Sedentary.....	4½/2	4-0	0- 8	1-8
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TOTAL.....				

<sup>1</sup>Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (C and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of

## HOW TO USE THESE LISTS:

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")
- 3 Now, beside each name you write down, fill in the quantities of foods which the table recommends for a person of that sex, age, and activity. (Susan, again, would need 6 quarts of milk on the low-cost plan A.)
- 4 When all the quantities are filled in, add up each column.
- 5 There you have your family's marketing list for a week.

## Market list A for low-cost meals

**REMEMBER**  
1 pound = 16 ounces • 1 pint = 16 ounces • 1 quart = 2 pints • 1 pint = 2 cups

## REMEMBER

[illegible]

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of fluid whole milk.

<sup>2</sup> Such as green cabbage, kale, snap beans, carrots.

**For a family planning to produce** the whole amount of any one or more of various kinds of food needed throughout the year: Multiply the quantities that the family needs for a week by 52. Then add something extra (from one-fourth to one-half) for guests and for a margin of safety.

**How much it will cost** to follow any diet plan depends on four things—family size, the general level of food prices, the food choice made within various food groups, and the skill and thrift of the person who buys the food and prepares it.

**For a family that must buy** all of its food: To follow any one of the three low-cost diet plans would probably cost (at December 1941 food price levels)—

From \$5 to \$6 for a family of two.

From \$8 to \$10 for a family of four.

From \$14 to \$17 for a family of seven.

**Families producing a considerable share** of their food at home usually can have more liberal diets than these plans suggest.

## Market list B for low-cost meals

[illegible]

<sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery.

<sup>4</sup> Exclude bacon and salt side.

<sup>5</sup> Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

<sup>6</sup> Include bacon and salt side.

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## Market list C for low-co

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 pound of butter.

**Whether a family will choose** to follow a low-cost or a more expensive type of diet will depend upon income, how many persons the income must support, and the importance that the family attaches to food. Those who can afford to spend more for their meals than low-cost diets require probably will wish to follow moderate-cost or liberal diet plans. These provide more variety and flavor as well as somewhat higher nutritive value. Guides for such diets may be obtained by writing to the Bureau of Home Economics, United States Department of Agriculture, Washington, D. C.

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U.S. Bureau of home economics.

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